



Physical Education - Curriculum End Points

Concepts	End of Y4 pupils will know and demonstrate	End of Y6 pupils will know and demonstrate
Health and Fitness	<ul style="list-style-type: none"> ● To be able to recognise and describe the effects of exercise on the body. ● To be able to explain why exercise is good for the body. ● To be able to explain the importance of a warm-up on the body 	<ul style="list-style-type: none"> ● To be able to describe why exercise is good for the body and its well-being. ● To be able to design and lead a warm-up. ● To be able to suggest ways in which they can lead healthier lives.
Games	<ul style="list-style-type: none"> ● To be able to strike a ball using a variety of body parts and equipment. ● To be able to move with a ball in a variety of ways and in different situations. ● To understand how to utilise space when attacking and defending. 	<ul style="list-style-type: none"> ● To be able to strike a ball using a variety of body parts and equipment, over longer distances. ● To be able to throw and catch under pressure. ● To be able to link different movement skills appropriately. ● To be able to design attacking and defensive strategies.
Dance	<ul style="list-style-type: none"> ● To show some control in body movements, when performing to a stimulus. ● To be able to demonstrate spatial awareness. ● To be able to design and create simple dance sequences. 	<ul style="list-style-type: none"> ● To be able to show controlled body movements during performances. ● To be able to combine movement and techniques to create sequences. ● To be able to link movements into more complex sequences.
Gymnastics	<ul style="list-style-type: none"> ● To be able to create sequences of actions. ● To be able to change direction, speed and level within a performance. ● To be able to show good techniques when travelling, balancing and using equipment. 	<ul style="list-style-type: none"> ● To be able to create sequences of actions that includes travelling, balancing and using equipment. ● To be able to show a range of techniques with controlled body movement. ● To be able to evaluate their own and peers' performances effectively.
Athletics	<ul style="list-style-type: none"> ● To be able to run for a sustained period. ● To be to jump and throw using a variety of methods, demonstrating control. ● To be able to modify their technique to improve performance. 	<ul style="list-style-type: none"> ● To be able to run effectively over a variety of distances. ● To be able to jump and throw with accuracy and precision. ● To be able to evaluate their own and peers' work, offering suggestions for improvement.

Outdoor Adventurous activities	<ul style="list-style-type: none">● To be able to use a map to navigate a course.● To be able to design and create simple courses for others, ensuring that it includes a physical challenge.	<ul style="list-style-type: none">● To be able to use a variety of equipment to navigate a course.● To design and create complex courses for others to follow.
Swimming		<ul style="list-style-type: none">● To be able to swim 25m, use a variety of strokes effectively and perform self-rescue in water-based situations.